

# 10 Steps To Positive Parenting

Show love and affection.

When necessary, take  
time to cool down.

Compliment your child.

Set basic rules and limits.

Teach values.

Introduce your  
child to books.

Listen and talk to  
your child.

Be the kind of  
person you want  
your child to be.

Offer guidance.

Tell your child  
"I love you"  
each and every day.

Parenting Awareness Month  
Organizer's Packet,  
Prevention Network,  
800-968-4968

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# 10 Steps To Teach A Child Discipline

Teach and model self-  
control by your example.

Set routines for bedtime,  
meals, and chores.

Explain reasons for  
your rules.

Let your child help  
make rules.

Let your child help  
decide consequences  
for broken rules.

Try to understand your  
child's feelings.

If your child breaks a rule,  
control your anger.

If you lash out, apologize.

Compliment your  
child often.

Tell your child  
"I love you"  
each and every day.

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# 10 Steps To Cool Down

Take a deep breath. And  
another. Then remember  
you are the adult.

Close your eyes  
and imagine you're  
hearing what your child  
is about to hear.

Press your lips together  
and count to ten.  
Or better yet, to 20.

Exercise to release tension.

Phone a friend.

If someone can watch  
your child, go outside  
and take a walk.

Take a hot bath or splash  
cold water on your face.

Turn on some music,  
maybe even sing along.

Drink a glass of cold water.

Tell your child  
"I love you"  
each and every day.

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